Psalm 34:1-9

1 I will bless the Lord at all times; *
    his praise shall ever be in my mouth.
2 I will glory in the Lord; *
    let the humble hear and rejoice.

Refrain

4 I sought the Lord, and he answered me *
    and delivered me out of all my terror.
5 Look upon him and be radiant, *
    and let not your faces be ashamed.

Refrain

6 I called in my affliction and the Lord heard me *
    and saved me from all my troubles.
7 The angel of the Lord encompasses those who fear him, *
    and he will deliver them.

Refrain

8 Taste and see that the Lord is good; *
    happy are they who trust in him!
9 Fear the Lord, you that are his saints, *
    for those who fear him lack no thing.

Refrain